

Evangeline Glass Journal 01 (1955-1956)

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Editor's Note: This journal covers the period of November 1955 through early January 1956; it follows Journal 02 and 06 chronologically. Although Evangeline and PB had divorced in 1954, they continued to live together for the greater part of this period – some of the time was spent in California and the rest in New York or various parts of New England. This journal is largely Evangeline's record of her conversations with PB and her reflections on those conversations. There are a few pages of random phone numbers etc. which are bound to creep in to any daily diary. There is an interesting section regarding PB's and her meeting with Edith Piaf after a concert given by her, a woman named Irene Joachim, and the tenor Ezio Pinza near the end of his life. Evangeline has said that they went backstage and had some time with Piaf, who very much inspired her. There are a few references to Sarira (also known as Sherry Wessleman), in whose Manhattan apartment PB met with various of his New York City students in the 1950s. Sarira went on to become a noted sculptress in the later part of her life.

*Finally, there are a number of references to the spirit-being Healoni who appeared to (within?) PB around Christmas 1955 for the purpose of aiding him with the writing of his final published book, *The Spiritual Crisis of Man*. There are a few other references to Healoni – even in PB's own handwriting which we found amongst Evangeline Glass's papers. Outside of what Evangeline could tell us – which was that yes, indeed this presence was with PB from Christmas to Easter, and that it/he collaborated with PB on his writing – we have absolutely no additional information. While PB himself was very familiar with the occult and had (by his statement to me) magical powers which he set aside at his teacher Ananda Metteyya's request, in general he not only eschewed the occult but actively railed against its use. Even so, he continued to explore the competence (and charlatanry) of its practitioners well into the 1960s. His main concern – as*

told to me – was that most folk could not distinguish the good from the bad and the fake and thus were highly susceptible to the loss of time if not of some piece of themselves. Evidently he judged this relationship with Healoni to be worth it; we have no knowledge one way or the other if this spirit appeared to PB prior to 1955 or if any of his other works were assisted by spirits.

Anything marked “Guruji,” “G,” “Raphael,” or “O” is either a reference to PB, or is meant to be a direct quote from him. Most of the book notes and quotes are those garnered by Evangeline for her own use, though the philosophical texts are likely to have been PB’s suggestion. Evangeline sometimes refers to herself as “Eva,” “Noel,” or “N” – and sometimes refers to herself in the third person, or is transcribing a message from PB where that occurs. In order to make the entries more easily navigable, we have added titles to each entry. All these titles were created by our team and have not been confirmed by Evangeline or her daughter Melody Talcott. For more information about the people and texts Evangeline quotes or references here, please see the file titled “Wiki Standard Info for Comments.” For more information about the formatting that we have implemented please see the file titled “Introductory Readers’ Guide.” This guide includes two tables detailing the chronology of the journals. We have introduced minimal changes to the text; our changes deal with inconsistencies of spelling, educated guesses at illegible words, and the rare modification of grammar for clarity’s sake. Whenever there is any question as to whether what is typed is what Evangeline wrote, please consult the associated scan of the original pages, currently to be found in a PDF of the same name. – Timothy Smith (TJS), 2020

J01.002 – On Next Incarnation; Overcoming Bad Habits

“I¹ will try in our next incarnation to be born in you, provided our Karma allows.”²

#

All habits which dull or destroy senses must go! Includes stimulants, too much or wrong kind of food.

J01.003 – Quotes from Mrs. Widder

Mrs.³ Widder:⁴ “I love people for themselves but only admire people for their accomplishments.”

“Don’t feel that you are imposing on these people I’ve introduced you to: They will be thrilled to have⁵

¹ Page 2 (Page 1 is the blank front cover of this notebook)

² The top of the page is ripped off. Missing text above this entry is visible but illegible.

³ Page 3

⁴ Elizabeth Widder (died 1864) was a Toronto socialite immortalized in the book “The Ideal World of Mrs. Widder’s Soirée Musicale: Social Identity and Musical Life in Nineteenth-Century Ontario.”

J01.004 – Book Excerpt from A.T.W. Simeons’ “The Mask of a Lion”

A.T.W.⁶ Simeons: The Mask of a Lion⁷

Though his business was thriving and ever increasing in its pace, Govind⁸ never seemed to be particularly busy. His mind was like the clean desk of a senior executive. He dealt promptly and decisively with each problem as it presented itself. He was never mentally in arrears. Such worries as he had never slipped from his grasp, never got deeply entrenched and out of control. Perhaps that is why people liked him.

J01.005a – On Comte de Saint Germain and Louis XV of France

St.⁹ Germain:¹⁰ The grace and dignity that characterized his conduct, together with his perfect composure in every situation attested the innate refinement and culture of one accustomed to high station.

Louis XV: He was only a dilettante whose will was not strong enough to bind him to any lasting purpose.

J01.005b – 1955 November 20 4:00 A.M. – Conversation with PB on Evangeline’s Glimpse

November 20th 1955 4:00 a.m.:

Relating mental being experience to Guruji, and preceding ego crushing experience....

Comment by Guruji: “This was another type of ‘glimpse.’ The strength and power you felt was the element of Grace. Whatever results you have had in permanent character change, they are the really valuable gifts. The experience will come again, meanwhile continue ‘grating’ the ego. For that is what the Quest is, a continuous

⁵ The top of the page is ripped off. Missing text above this entry is visible but illegible, and the continuation of this entry on the reverse of this page is also missing.

⁶ Page 4

⁷ Dr. Albert Theodore William Simeons (1900 in London – 1970 in Rome) was the leading exponent of a weight-loss protocol based on human chorionic gonadotropin (hCG). In 1954, he published a book called “Pounds and Inches,” and a paper in the Lancet on his theories. Scientific consensus does not support Simeons’ claims, finding no weight loss attributable to the use of hCG. He is also the author of the novel “The Mask of a Lion,” which describes the life of a doctor caring for lepers in India.

⁸ Govind is the protagonist in “The Mask of a Lion.”

⁹ Page 5

¹⁰ The Comte de Saint Germain (circa 1691 or 1712-1784), interested in science, alchemy, the arts, and philosophy, gained notoriety in European high society.

paring or thinning down of the ego so that when the final battle comes and it is finally destroyed, Grace can come in. The Quest is the part of Illumination which we accomplish by our own effort. You come back to the human state¹¹ because there are many things you have to clear up here, many bad habits to be faced and overcome through effort and will.

Living in the mental being, or identification with it is a superhuman state of consciousness and serves as a link with the Overself."

Noel: "Can I get back to this state through using the same method as before - self enquiry. Who am I? etc."

Guruji: "Yes."

Guruji: "What is the answer to 'Who am I?' Is it 'I am God'?"

Noel: "When I asked that question, I received the answer - 'I who am.' Then the same question is also the answer. The 'I' is reversed from the end of the question to the beginning of the answer."

Guruji: "Then what is the answer to - 'What am I?' - It is 'I am the essence of God.'"

Noel: "Now my greatest desire, my only desire, or goal is for spiritual advancement. Before I wanted you to love me above all else. Now that has passed. I am free from all emotional attachments and I seek inner realization. I am now for the first time consciously and deliberately on the Path and Quest. Are there are short cuts you can recommend now that I am seeking wholeheartedly?"

Guruji:¹² You must meditate regularly.

Noel: What is meditation?

Guruji: Concentrating the mind on a spiritual theme. Calming all other thoughts, then through concentration retreat from the senses into an inner world or state, then cease all thought.

Noel: I cannot meditate with the eyes closed. I find nothing but sleep there. But with my eyes open I can concentrate and see the world as illusion.

Guruji: It is only for beginners to close their eyes, so as not to be distracted by the outer world to which they are attached. For you it is not necessary. For after all the eyes are connected with the body, and ultimately it does not matter what the body is doing only what is happening within the mind. The mind is separate.

Guruji: "When the feeling of strength and fight come through and one feels strong within oneself to meet and face the world and to shape his destiny, then his outer circumstances change. Partly, through his own effort, partly through bringing his karma to the foreground. But outer things do change."

(Noel: See what happened in New York, then Montauk.)

Guruji:¹³ "In this state you felt isolated, alone, separate from everyone, and psychologically - you were dependent on no one and vice versa." "Also if you were permanently one with this state you would not have to struggle to keep it."

¹¹ Page 6

¹² Page 7

Noel: I felt completely responsible for myself and my life. I was in control on the reins and it was within my power to bring myself tremendous “luck” and opportunities. Everyone that I come in contact with I could learn something from or enlarge the circumference of my understanding. I wanted to become perfect and balanced in all ways. I could become physically perfect, intellectually perfect and spiritually perfect, and from everyone and everything I could learn about one of these three stages. I felt that the world was coming out of me, like a web from a spider. I was the center of my world, whereas my neighbor was the center of his. I could see the same mental and spiritual being in others as I felt in myself, only they were not aware of their “God within.”

Guruji and Noel: “We must understand the laws of nature and how they act in our physical selves. We cannot destroy these natural impulses, but we can through understanding them, control them. Nature has her part to play and cannot be ignored as not existing on her relative plane.¹⁴ Even though we are able to identify our selves with the mental super human being, we still have to acknowledge the body and its natural functions, and impulses. We must refine and control them.

In Noel’s case she must watch out for physical attraction and hasty marriage. Wait two years before marrying.”

Guruji: “When people live entirely with identification centered on human and animal self, they must {live}¹⁵ their lessons on that level: birth, marriage, death – but when a person enters onto higher mental or spiritual level, he meets experiences for growth more on an inner plane instead of an outer one.

There is a definite spiritual pattern working in your life now. Have B.¹⁶ and the fast, and fruitarian diet. Very important for your advancement.”

Once knowledge of P.B.’s balanced philosophy is won, “it proves its practical worth by standing every test. The wisdom it confers, the ethic it upholds, the strength it gives, the tranquility it sheds and the intellectual capacity it develops – all combine to make the student who completes the course a better man or woman.” –Hidden Teaching {Beyond Yoga}

Guruji: “By thoroughly mastering Hidden Teaching or even by a complete mental understanding, it will be of tremendous help in refining, educating and even dissolving ego from knowledge.

Truth is a dynamic, not a narcotic.”¹⁷

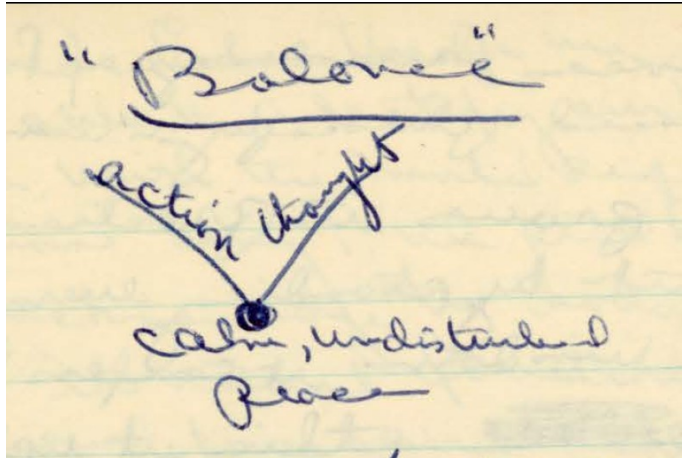
¹³ Page 8

¹⁴ Page 9

¹⁵ Illegible – our best guess is “live” but it could also possibly be “have.”

¹⁶ We think “B.” may refer to balance, as it appears in the image that starts the next page.

¹⁷ Page 10 starts with the following image.



Hidden Teaching¹⁸

"The philosophic discipline trains the mind and through the mind all the acts of a man."

"The thoughts which most often occupy his mind and the moods which most frequently fill his heart are his invisible rulers."¹⁹

"The value of this study in restoring emotional balance is that it harmoniously integrates the neurophysiological functions. It disciplines passions, overcomes bad habits, and eliminates nervous fears."

"The power that self-restraint gives his mental, ethical and physical character helps him in every way. And when a man betakes himself to the quest of truth he will need even more of this inner strength."

"The flabby weakling who yields to every impulse does not know the delight of being independent, the satisfaction of being in bondage to nothing."

"However, remember anything overdone is a mistake, a good overdone generates a fresh evil, a virtue overdone creates a new vice."²⁰

J01.011a - Quote from Terence; On Artists as Mystics

Terence:²¹ "I am a man: Nothing pertaining to humanity is alien to me."
(facing worldly reality as an adult)

Hidden Teaching
Read Pg. 378 - 380 or about

¹⁸ The following are rough extracts from PB's book "The Hidden Teaching Beyond Yoga."

¹⁹ Evangeline crossed out these lines following "rulers": "Guruji: There is a definite pattern at work in your life."

²⁰ Page 11 starts with the next entry.

²¹ Publius Terentius Afer (c. 195/185 - c. 159? BC), better known in English as Terence, was a Roman playwright during the Roman Republic, of Berber descent. His comedies were performed for the first time around 170-160 BC.

Artists are really mystics.

“Both artists and mystics come to acquire a fervent faith in the reality of their mental constructions.

Both arrive unconsciously at the truth of mentalism through the same avenue – intense concentrated self-absorption in a single dominating idea or a single series of thoughts.”

J01.011b - {1955} November 20 - PB to Evangeline on Their Relationship

Guruji to Noel: Nov. 20th 2:30 P.M.

“Do you think I like to have you with me just as a good personal servant? There is much more to it than that. You are the only person who I can bear to have around me.²²

J01.012a - PB on Illuminated Being

“An²³ Illuminated Being would better say – ‘God am I’ not ‘I am God’ – the latter places self first.”

J01.012b - 1955 November 22 - Dream of PB's Death

Tuesday, Nov. 22. 1955.

During last night's sleep I had the experience of P.B.'s death. He left in the world his outer shell, and I suffered an agony, a gnawing pain indescribable and never before experienced. It seemed as though between us there is a link of such depth that I have never been able to conceive it consciously. I am not ready yet to know it, I think. In the dream, I suffered for days, trying to go on with life, but the pain did not lessen. Then I heard his voice as I burst into uncontrolled tears over some of his possessions.²⁴ He said: “I am no longer P.B. the man, who lived with you, who used these things. I am no longer with that identity. You must forget the past with that man. He is gone. But the essence of him shall never die. I am here. Once you accept this and give him up the agony will leave you!”

And it did. I then woke up to find P.B. beside me.

I later asked Guruji what this could mean. He says that it is a combination of suppressed unconscious fears, and also that yesterday I had asked him how long he would be with us and he said 15 years.

²² The bottom of the page is torn out.

²³ Page 12

²⁴ Page 13

Also it was a teaching lesson, a partial crushing of the ego. Then the thought just came to me and I said to Guruji – “If I could know your true identity while you are still alive then I would accomplish what I’ll have to do after your death now.”

Guruji: “Yes.”

Noel: But is it possible for me to know your Real identity?

Guruji: You will know more of it than you do now.

Noel: “Why does it take a shock like death to open our eyes to growth. Why must we have such violent shocks to grow. We waste so²⁵ much time when everything is smooth, like contented cows, we do not bestir ourselves into active growth. What nature is ours to be so?”

Guruji: “It would be well for you to try to know my real self.”

Noel: (That real self is the Guru which you love and have seen in glimpses.)

J01.014 - {1955} - Evening with Edith Piaf {in Paris}

Evening²⁶ with Piaf!²⁷

An experience of genius. She, a great artist, with great concentration, sensitivity, depth, transported Noel into inner state of concentration, beyond emotion. This was yoga – one pointedness.

The same with Joachim²⁸ – tremendous concentration, inspiration, sensitivity.

Same with Pinza.²⁹

Joachim

Pinza

Piaf

in one evening.³⁰

A time of great artistic – inner inspiration for Noel. The way is becoming³¹ clear for her. She must penetrate into her rightful medium – spiritual singing – by being, by expressing her real self in this way, great growth will take place. She will find herself.

²⁵ Page 14

²⁶ “Eve.” in the original

²⁷ Referring to Edith Piaf.

²⁸ Irène Joachim (1913-2001) was a French soprano.

²⁹ Ezio Pinza (1892-1957), an Italian opera singer, appeared in more than 750 performances over 22 seasons at the Met and starred on Broadway in “South Pacific.”

³⁰ There are a few references to the three of them appearing together in concert circa 1955. Evangeline told me that this concert occurred in Paris, and that PB and she met Piaf after the show. – TJS ’19

³¹ Page 15

Idea: Take essence of symphonic music, its impersonal grandeur of nature, (Sibelius,³² Ravel,³³ Debussy³⁴ ({Prelude à l'après-midi d'un faune})³⁵ incorporate this mood into concert section - showing how God comes through this nearness, comprehension of nature and its beauty. Get away from strictly formal religious type.

Introduce new concept into spiritual singing world.

Maybe even have it shown through higher love between man and woman.

Show all aspects, moods of God in the world and Universe.

Look up psalms about universe in Sarira's³⁶ planetary book.

Study Buddha gestures from her book. Sing only songs of inspiration

#

Tonight with Piaf, I thought and felt this:

What a tremendous amount of knowledge there³⁷ is to be absorbed. So many great people to hear, to see, to learn, to absorb from. So little time. One must really live one's life in a concentrated, living in every moment state, growing, thinking, absorbing, observing what a wonder it is to be alive, breathing air, seeing trees, smelling and tasting food.

All wonders. And intellectual growth, artistic expansion and sensitivity. The wonder of it all

Devotion - Otto {illegible}

"Songs of Inspiration" by Noel or "Songs of Beauty" or "Songs of Love" or "Songs of Devotion"

not religious singing but inspiring singing.

J01.016 - PB on Poetry

"Thus the greatest poets are those with memories so great that they extend beyond their strongest experiences to their minutest observations of people and things for outside their own self-centeredness (the weakness of memory is its self-centeredness, hence the narcissistic nature of most poetry."

J01.017a - PB, Evangeline, and Axel Munthe on Animals and Our Animal Nature

Guruji said that humans we are more animal than human, and that we have not really reached the human stage until we have found ourselves.

#

³² Jean Sibelius (1865-1957) was a Finnish composer and violinist.

³³ Maurice Ravel (1875-1937) was a French composer, pianist, and conductor.

³⁴ Claude Debussy (1862-1918) was a French composer.

³⁵ "Après d'midi" in the original

³⁶ Sarira (Sherry) Wesselman was a student of PB's and a friend of Evangeline's.

³⁷ Page 16

Noel: Until we can control the beast within us, we do not know ourselves. We must come to the stage where we are masters of the animal, then later the animal disappears.

#

Axel Munthe³⁸ says that to be kind to animals, to feel a sympathy with them means a man has reached a civilized level, for to an uncivilized man the animal is only to hate, to kill, to eat.

J01.017b - 1955 December 7 - At Sarira Wesselman's - PB on Spiritual Geniuses, Ego, Life as a Dream, Experience, the Importance of What You Eat

Guruji: Dec 7th 1955 at Sarira's 3:00 A.M.

Those few who can go through their lives without getting entangled with the ordinary worldly desires and pursuits and consequential responsibilities and distractions (marriage) and who keep the contact with their highest idealistic selves so easy to be in tune with before intellect develops in early twenties, and through whom intuition (the voice of the Overself) speaks clearly because intellect is not demanding logical explanations, and can carry this intuition through entire life, are the few religious or spiritual geniuses.

All³⁹ life is colored by one's individual attitude. This is the ego and we actually experience life through our individual attitude about it.

We must track the ego down to its lair, and make it come out so that we can really see it as it is. It has deceived us into believing it is ourselves.

#

Life is a dream an illusion, and when we realize this we are liberated.

Experience is only to teach us this ultimate truth.

#

{Illegible}: "Understanding the forces of nature both good and evil."

Mystical: "Union with God."

#

Guruji: "You actually are what you eat. Your body is made up of the food you eat. Your body and mind cannot be separated. They are interrelated. Therefore what you put into your body is of great importance."

J01.019a - 1955 December 7 - PB and Evangeline on the Ego

³⁸ "Alex" in the original, but she's referring to Axel Munthe, the Swedish animal rights activist and physician to the royal court.

³⁹ Page 18

Dec⁴⁰ 7th 1955

Guruji: "In order to get out of this labyrinth of Maya created by the ego we must use the ego to do so. We have to educate it then track it down, root it out." "Thought has imprisoned us, thought [can]⁴¹ release us."

Noel: "I experience for a short period freedom from the ego with pure, untouched consciousness freedom, where there was not a ripple. A screen on which the play was being enacted. I seemed free from the confines of Noel."

Hidden Teaching
"Seer" - a se(e)-er

J01.019b - 1955 December 9 - PB and Evangeline Conversation on Meditation for Attainment, Their Love for Each Other

December 9th 1955

Noel to Guruji: "I feel so very fortunate to have met you in this life. What could I have done in past births to have this privilege? To think of finding the Truth, the whole so early in life. I could have wandered through my whole life thinking, looking here and there for the truth, without ever finding anything.

Now I am a celibate, a vegetarian - what now for attainment?"

Guruji: The practice of meditation. Going within. To gain complete mastery of your consciousness.

Noel:⁴² What would you be called in called in higher worlds?

Guruji: A sage.

Noel: To think that you, of all the people in the world, know the whole truth.

What you spoke of on the 7th at Wesselmans' about the nature of the ego and of the way to rid yourself of it. This was the greatest talk I have ever heard you give. It went the deepest. Do you speak this way to many people?

Guruji: Oh, no. To a very, very few.

Noel: The greatest desire I possess {is to}⁴³ develop spiritually.

Guruji: If I were you, I would not marry. You are an artist and a mystic.

Noel: "Do you love me?"

Guruji: "Yes."

#

Healani:⁴⁴ "All movies do is make me see the brutality, and stupidity of the world."

⁴⁰ Page 19

⁴¹ "May" was written above "can" (though it's not clear whether it's meant as a replacement or an either-or).

⁴² Page 20

⁴³ We have changed "to to" to "is to" for clarity.

#

Above all else, at all times give him love, through devotion and reverence. He is your Guru.

J01.021 - Calorie Counting

5:00⁴⁵

Tea (milk honey) 2 cups.

7:00 P.M.

1 large glass orange juice

9:30-10:00 P.M.

1 box yogurt and six prunes before going to bed.

#

230 soup and salad

340 (60 + 60 + 60 + 100 + 60)

570 lunch

150 breakfast

720

100 juice

820

270 yogurt (120) and prunes (150)

1,090

1,100 per day reducing diet⁴⁶

J01.022 - On PB Soothing Evangeline, Explaining Why She Is Here with Him

He⁴⁷ held me in his arms, kissed me, and helped me. He hugged me gently, saying "I love you, that is why you are here with me. I'll try to be more kind to you. You are my companion, my helpmate. I'll try not to be so stern with you. I don't mean to be.

⁴⁴ According to Evangeline and her notes, Healani was a spirit guide who worked with PB from Christmas 1955 until Easter 1956, during which time PB wrote "The Spiritual Crisis of Man." – TJS '19

⁴⁵ Page 21

⁴⁶ This arithmetic is not exactly as it appears in the journal but is a fair representation of Evangeline's calorie counting.

⁴⁷ Page 22

Do I frighten you at times when I am solemn and strict? I am so sorry. You must promise me that you'll never be frightened again, and will never hold such fears. I love you; now promise me."

#

Guruji: "We disturb the balance of the mind, its calmness disappears and thus wisdom cannot be manifest under such conditions."

J01.023 - {1955} December 16 - PB on Destiny and Personal Volition

Guruji⁴⁸ Dec. 16th

There is ultimately a fixed pattern or destiny for all of us. Look out at the waves, each individual wave is compelled to move onward with the motion of the sea. It cannot go back. The same with us. We are forced by evolution to go forward, but within this compulsion or fixed destiny, we can affect or change or create our destiny. We must work consciously with the God within us. We are all God, deep within our being that is what we are. So if God creates destiny, and we are a part of him, we too can create our⁴⁹ destiny when we work consciously; when we are awake to our higher nature.

We can {to} a great extent shape our lives. Only the major events or cycles are unchangeable. I proved this by making an experiment 37 years ago.⁵⁰ I saw during meditation the night before the following day all that was to happen - the people I was going to see, their words and detailed events for the entire day.

The next day all started to happen as I had previously seen. I then started to change this pattern by my own will. I willed certain people not to come, I changed appointments and even influenced people to speak different words than they intended. However, the major event I could not change, as it was fixed by destiny. That is, the place in which I was at that time. It was a cycle I had to go through and could not get out of till the cycle had worked itself out.

To the extent that we cannot help being who we are with certain mental and physical characteristics, which means that because of these limitations⁵¹ of our individual beings we create certain patterns, to that extent we are bound to the effects of our actions, which in turn spring from our limitations.

But when we are to a certain extent, or completely free from the personalities boundaries and know our true beings and therefore work consciously with it we can create and control our lives to a great extent.

⁴⁸ Page 23

⁴⁹ Page 24

⁵⁰ "37 years ago" - i.e. 1918 - TJS '19

⁵¹ Page 25

J01.025 – Book Excerpt: Raja Rao’s “Comrade Kirillov”

Of Dostoevsky: by Rao⁵²

“He was in need of all the moral support, sympathetic understanding and true love that a woman could give. Anna⁵³ crossed his path quite accidentally like a guardian angel. She took energetic steps to put his affairs in order and give him much needed relief – peace of mind and mental poise to devote his entire energies for the creation of his works.”

“In⁵⁴ the annals of world literature we very rarely come across instances of women marrying a man out of sheer love for his genius, sacrificing everything – youth, happiness, comfort and joy in life.”

J01.026 – 1955 December 20 – On the Spiritual Way Being the Right Way; PB on Balancing Emotions, Intellect, and Intuition

Dec. 20th 1955

Whenever a negative mood or depressed state overcomes you, and your direction is shattered and confusion sets in remember this: that you have learned that the spiritual way is always the right way in every respect. Physically, mentally, (psychologically for human relationships) and for spiritual progress, to act and react taking the unselfish, positive path will eventually lead you out of the darkness where you can feel happiness once more, and keep you from making terrible mistakes while you cannot feel the light. You are always safe when staying on the path of unselfishness and positive thinking. This is your life-preserver. Use it whenever you have a decision or are in confusion and have to choose between taking the human, animal, desire filled road and the unselfish positive one, choose the latter and you will be alright.

Guruji:⁵⁵ “The mystics who are always joyous and smiling are feeling God with their higher emotions [they want the experience of higher emotions],⁵⁶ but one must balance up and feel good also with intellect and intuition. I have seen such suffering in past births that I am inclined to be serious.”

#

Guruji: “Your disposition will improve if you lose weight.”

⁵² Evangeline is referring to Sri K. Raja Rao’s short story (and later novel) “Comrade Kirillov,” about a South Indian man who, disillusioned by Theosophy and the British Raj, looks to Stalin for guidance. It parallels some themes developed by Dostoevsky. – TJS ‘19

⁵³ “Anya” in the original – referring to Dostoevsky’s second wife Anna Grigoryevna Dostoevskaya. Note that Anna was 20 years junior to Dostoevsky at the time of their marriage – a point that very probably did not escape Evangeline’s notice. – TJS ‘19

⁵⁴ Page 26

⁵⁵ Page 27

⁵⁶ Evangeline inserted “they want the experience of higher emotions” above the line.

#

Guruji: "The brown stone I gave you must not leave your possession. It has given spiritual properties, and (half-joking) can give you Nirvana. Would you like to find Nirvana?"

J01.027 - {1955} December 20 - PB on Conflict Between Sex, Affection, Enlightenment; Evangeline on Seeing That PB Loves Her

December 20th evening

{Guruji:} "When the animal, the human, and the spiritual are all active at once, then conflict sets in. The animal wants sex, the human, affection, and the spiritual, enlightenment."

#

{Guruji:} "Nature pushes the propagation of the race by putting the desire of sex and of affection into her young ones. But for those seeking enlightenment these can be overcome."

#

{Guruji:} "I love you, that is why I invited you to come and stay here. I cannot bear to have anyone else around. I love you."

#

{Noel:} I could see that night when I decided to sleep alone⁵⁷ that he needed me. He kept coming back, begging me to come with him. His eyes moistened. He loves me. He needs me. Don't feel unloved or unwanted. He is your only love.

J01.028 - 1955 December 23 - PB on How to Meditate; Evangeline on the Dreamlike Quality of Life

Dec. 23rd 1955

Guruji: "You must meditate every night. It takes much perseverance to master meditation.

First you must concentrate the mind and think deeply about Reality and who you are - what the ego is. Then when you have reached a deep concentration and the thinking will suddenly stop, then you have to use your will to plunge into the silence.

The character has to be well balanced before plunging into the depth. Control has got to be gotten over passions, depressions, irritabilities. All negatives have to be controlled.

They must have correct knowledge and restrain overimagination.

So during the day concentrate as much as possible and discipline negative emotions."

#

When people see visions they are seeing thought forms developed in this life or in former births.

{Noel;} I⁵⁸ said to Guruji: "Now I can humanly understand the dreamlike quality of life. How can anyone be deceived that it is permanent when yesterday even an hour ago is gone forever – is no more, and tomorrow, the next minute has not come yet. We have only this moment, as soon this will be gone. It is a dream.... And a quick passing one. We dreamers had better make the most of our tiny moving moments."

J01.029 – 1955 December 25 – On Meditation, Healani

Christmas 1955

After meditation last night when Healani came through P.B., this morning in meditation I felt the integrated, mature, balanced, concentrated self that is within Noel. May she come forth with much strength!

Christmas Eve:

Healani to P.B.: "In the practice of Zazen I shall join you and become one with you."

Christmas Day 1955

There is a great mind energy which underlies ordinary thought energy, and⁵⁹ which never comes into play during our days of constant petty, small thoughts. That is where meditation is so useful. When one stills the thoughts, sits still in one spot, this will eventually call the great mind energy into play. If one sits there long enough and for enough repeated times this will eventually break through. This requires patience and perseverance.

When beginning meditation use a strong vital positive thought and attitude.

J01.030 – PB and Evangeline on Thought and Consciousness and Identity

have⁶⁰ expanded and have a definite duty towards others. However, we must not lose balance, but keep the duty also that we owe to ourselves.

#

⁵⁸ Page 29

⁵⁹ Page 30

⁶⁰ Evangeline starts writing with a different pen at this point, and there is clearly a gap between the last entry and this one. A page (or pages) may have been ripped out before this page. – TJS '19

During Gurunathan⁶¹ reading about “consciousness” Noel experienced pure consciousness without thought.”

Guruji: We do not know who we are as thought is mixed up with our true identity. We are consciousness.

J01.031a - New York - Quotes on Womanhood

New⁶² York: Henri -

“If women could realize their glorious heritage of being the mother of this race, and take pride and joy in their heritage of being a woman, then their better, most beautiful self would shine forth automatically.”

“Where are our thanks - Only in words or thought? O, let our efforts show what thou hast taught!” - Sarira {Wesselman}

J01.031b - 1955 December 31 - On Passing Spiritual Secrets on to a Disciple

ever⁶³ had a disciple to whom he had passed on his great secrets of the spiritual, he looked at me and said, no I have never had, but I am training you now and I hope that maybe one day, it will be you.

Bow in reverence -

Dec 31st 1955

New Year's Eve

J01.032a - 1956 January 1 - On Becoming PB in Meditation

Jan.⁶⁴ 1st 1956

During meditation I felt power in the region of my head, then I lost all identity of Noel and became P.B. I was he completely and I felt great peace. Guruji says that it is a deep state and that at last I am progressing in meditation.

Today I practiced courage and will from this day on.

⁶¹ Referring to Atmananda, a.k.a. Sri Krishna Menon – they must have been reading his (then) recently published book. – TJS '19

⁶² Page 31

⁶³ A page or pages are missing before this entry. Evangeline is using the same pen as on the left side of page 30; I believe this is PB talking or writing to Evangeline. – TJS '19

⁶⁴ Page 32

J01.032b – 1956 January 2 – Conversation Between Evangeline and PB on What He Thinks of Her

Jan 2nd 1956

As he held me close I said, “Dearest, when you are away from me do you think of me?” P.B. – Oh, yes. And then I said: “What do you think about me?” – {P.B.:} “I think of a very beautiful young woman, who is very spiritually minded who is waiting for me and who loves me. She is very close to me and I love her.”

J01.033 – {1956} January 3 – PB on Using the Short Path to Address Past Mistakes That Hurt Others

Jan.⁶⁵ 3rd:

Noel: “Now just before meditation the past mistakes and those things I did appear so vividly and I see how I hurt others. How can I cancel those out?”

Guruji: By understanding them from four points of view and then practicing the short path.

- 1 – What and why you did these things and their effect on you.
- 2 – How they affected the other person
- 3 – From the worldly point of view how did they affect your relations with others
- 4 – From the spiritual – how did it retard your progress⁶⁶

J01.037 – Notes on Concert and Lecture Times, List of Names

Organ⁶⁷ music

11 am.

1:30 pm.

4 pm.

tickets for Sunday concert

open 10 to 5

Sunday 1 – 5

Rahd⁶⁸

D’ja

Rosa

Yvonne

⁶⁵ Page 33

⁶⁶ Pages 34 through 36 are blank.

⁶⁷ Page 37

⁶⁸ Page 38

Sieds
Aysha
Covington
Bowman
Bernard

Problems of Symbolism and Mysticism⁶⁹
Frick Museum
Music 4: P.M.
Lectures at 3 each day
Sunday 3 P.M. concerts.⁷⁰

Loose Pages

J01.040 – List of Times, Phone Numbers

10:00⁷¹
7:55
8:40 Ashtabula⁷²
Woodburn
Woodland 4-9278⁷³
Miller WG 2-7741

J01.041 – Beaumont Glass Phone Number, PB to Evangeline on His Love for Her

Wed.⁷⁴
4:00
Beau⁷⁵ 0-2872

P.B. to Eve: I'll always love you more than any other person. You are the only person who has received such thorough and extensive personal teaching. Now you have the opportunity

⁶⁹ This probably refers to "Problems of Mysticism and Its Symbolism" by Herbert Silberer, translated by Smith Ely Jelliffe, first published in 1914. – TJS '19

⁷⁰ This is the end of the journal. Page 39 is the blank back cover of this notebook.

⁷¹ Page 40

⁷² This may refer to some sort of timetable to Ashtabula, Ohio. – TJS '19

⁷³ This is a phone number – at one point they were a two-letter prefix, a single digit and four digits like WL4-9278 for WoodLand 4-9278. – TJS '19

⁷⁴ Page 41

⁷⁵ Beaumont Glass would become Evangeline's second husband – at this point he was her piano accompanist. – TJS '19

J01.042 - {1956} March 13 - Letter to Philo from Evangeline

March 13

Dear Philo,

Happy to receive yours of the 8th; to learn, also, that the problems have cleared.

The date you've set for your [April 2nd]⁷⁶ arrival is excellent, and I'm looking forward immeasurably to your visit.

It is interesting to learn you agree with me on Holloway.⁷⁷ I don't know specifically what prevents me waxing enthusiastic over his group, but I just don't. Also, it is good you saw him for yourself.

There are flurries of snow today - sure hope the weather is better when you get here. You spent the winter in the warmer place - we had a very miserable time of it this season.

J01.043 - {1955 December 24} - First Appearance of Healani

At⁷⁸ each practice of Zazen I shall join you. I shall be you. The two blend into one entity. The unseen shall take form temporarily for the benefit of those who dwell in the world of the seen. In that state of Zazen and to that being who shall come into this form for the time the name of Healani is to be given for it applies to the new one who is thus born out of this union.

Healani appears to give Grace. Five ways shall this grace be manifest. In the first way, there shall be healing, whether of mind or body, feelings or thoughts. In body the sickness and disease; in mind, the pressure and tension. In feeling, the lusts and the illness making negatives, and in thought, the errors, and the unbalances. In the second way of Grace there will be used the glass of the eye as a channel. In the third way of Grace, the spoken word shall be used as the channel. In the fourth way of Grace the written word shall be the channel. Whether written by Healani's own hand or by his scribe's hand upon a type machine or whether printed in journal or book. In the fifth way of Grace there shall be nothing used that will reach any of the five senses of the body. There shall be no outward acts by Healani other than the simple sitting on the part of those who are to receive, in relaxed silence.

From this Christmas eve to the last day of this holy period which ends with Easter, Healani will inscribe the message of the new book through P.B. Therefore, this message will be brought to an end at Easter, not before, and not later. For that work

⁷⁶ "April 2nd" was inserted with a different pen.

⁷⁷ There is an outside chance that this refers to Father Edward Holloway, a radical Catholic priest who was active in the '50s and '60s. This is pure speculation on my part. - TJS '19

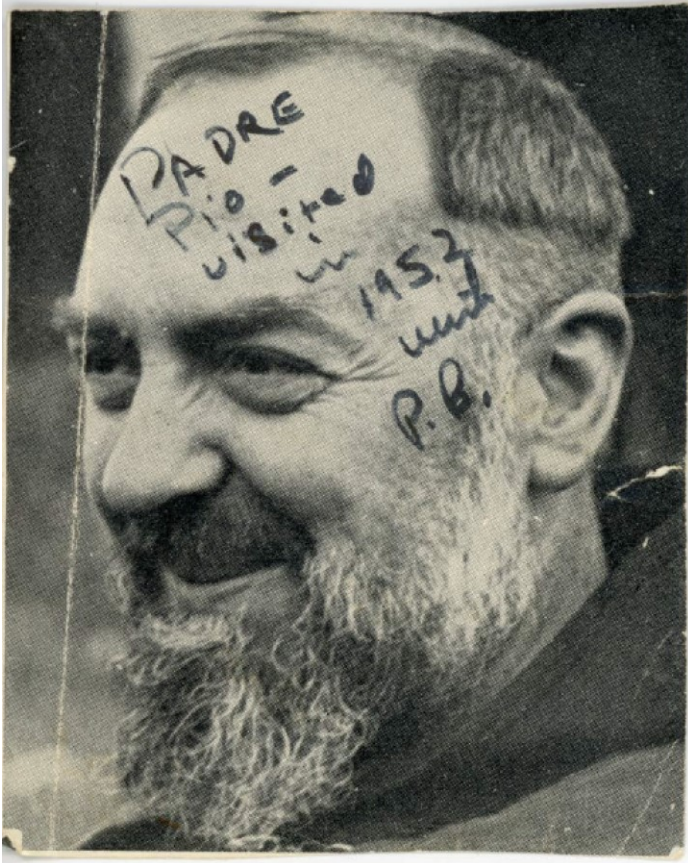
⁷⁸ This appears to be Evangeline's own impression of the spirit-guide Healani's message to PB. Though this handwritten entry is not dated, duplicate entry J14.091 in PB Dictations to Evangeline is dated Christmas Eve 1955. - TJS '19

P.B. must withdraw from all outer work, must isolate himself still more and must postpone the other necessary activities until the writing down of the message is finished.

J01.044 - 1952 - Photograph of Padre Pio



J01.045 - 1952 - Photograph of Padre Pio



[Padre⁷⁹ Pio visited in 1952 with P.B.]⁸⁰

J01.046 - Healani Message; Joel Goldsmith Quote

[XI]⁸¹

Healani: My mission or work is teaching or writing about cosmic laws. My work is not on the personal level with individuals

#

Guruji: It is important that you stick with me and have the meditation every day.

#

Goldsmith:⁸² Always the law is to be still. Always the indication is to become receptive. Open consciousness to the inflow.

⁷⁹ Page 45

⁸⁰ PB himself wrote on the photo of Padre Pio by hand: "Padre Pio - visited in 1952 with P.B."

⁸¹ Page 46.

PB himself inserted "XI" at the top of the page by hand, indicating that this is part of Old Category XI. - TJS '19

[XI]⁸³

⁸² Referring to Joel Goldsmith.

⁸³ Page 47.

PB himself inserted "XI" at the top of the page by hand, indicating that this is part of Old Category XI. – TJS '19